

BAC Calculator



What's the hurry?

Slow down. Drink less.

Approximately 5% of the total population drinks heavily and 15% of the total population engages in binge drinking.

- Heavy drinking is more than two drinks per day on average for men or more than one drink per day on average for women.
- Binge drinking is five or more drinks during a single occasion for men or four or more drinks during a single occasion for women.
- Excessive alcohol consumption is the third leading cause of preventable death in the United States and a risk factor for many health and societal problems.

Source: Centers for Disease Control and Prevention (2012)

According to the 2008 Kent County Behavioral Risk Factor Surveillance System Assessment:

- 18% of the participants between the ages of 18 and 64 admitted to binge drinking in the past month.
- Binge drinking is higher among men (20.8%) and in people between the ages of 25 and 34.
- 22.7% of adults in a higher income tax bracket (\$75,000/year) admitted to binge drinking in the past 30 days.

RethinkDrinks.com

An Effort to Prevent Adult Heavy Drinking



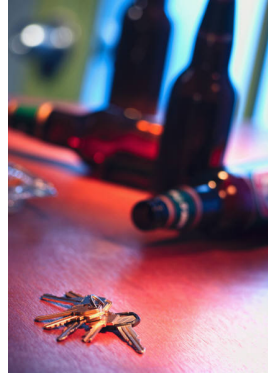
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Alcohol Use and Health Risks

Alcohol is an accepted part of our culture. It is used in celebrations and to socialize with family and friends. However, drinking too much, either on a single occasion or over time, can have serious health consequences.

Short term impacts of heavy drinking can include:

- Aggression
- Unintentional injuries (falls, drowning, or firearm injuries)
- Risky sexual behavior
- Violence
- Traffic crashes and death
- Alcohol poisoning



Over time, excessive alcohol use can lead to the development of chronic diseases and neurological impairments:

- High blood pressure
- Heart attack
- Stroke
- Dementia
- Cancer of the mouth, throat, esophagus, liver, colon, or breast
- Alcoholic hepatitis
- Cirrhosis of the liver
- Anxiety
- Depression
- Suicide

Source: Centers for Disease Control and Prevention (2012)



Workplace Costs of Alcohol Use

Each year, alcohol use problems among employees cost businesses billions of dollars for health care, workplace injuries, disability payments, and productivity losses.

According to Ensuring Solutions to Alcohol Problems, a part of the George Washington University Medical Center:

- Alcohol abuse costs American businesses \$134 billion in productivity losses annually
- Health care costs for employees with an alcohol abuse problem are about twice as high as for those without a problem
- Employees who are heavy drinkers use twice as much sick time as other employees
- Employees who are heavy drinkers spend four times as many days in the hospital than the national average
- Employees who are heavy drinkers have higher rates of job turnover
- Light and moderate alcohol users, who are greater in number than heavy drinkers or alcoholics, account for 60% of alcohol-related absenteeism, tardiness, and poor work quality
- Approximately 20% of employees say they have been injured by, have covered for, or have had to work harder because of other employees' drinking

